





# The Beede Swim and Fitness Center

Swimming. Diving. Running. Lifting. Playing. Stretching. Rowing. Riding. Connecting. Strengthening. Rehabbing. Rejuvenating. Whatever you're passionate about, the Beede Swim & Fitness Center is the ideal place to pursue those passions. Our 35,000 square-foot complex combines state-of-the-art features and equipment with the warmth and friendliness that only a community recreation center can offer.

Whether you're an individual looking for a place to get in a serious workout or a family looking for activities, programs and instruction, it's all here at the Beede Swim & Fitness Center. We hope you will be too.

## Quick Stats

- 25-yard x 25-meter lap pool
- Deep water diving pool
- Warm water therapy pool
- 30-foot x 30-foot children's play pool
- Two 1,600 square-foot fitness rooms
- State-of-the-art Cybex exercise equipment
- Professional instruction and training
- Men's and women's locker rooms
- Private family changing rooms
- On-site child care
- Snack bar
- Sound absorbing tiles
- State-of-the-art dehumidification system
- 80-person stadium seating section
- Ample, card-key parking separate from High School
- Open 102 hours per week



# Immerse yourself.

When you join the Beede Center, you're not joining a pool, you're joining four of them. And each one has been painstakingly designed and built with only the best materials and finishes. From the state-of-the-art HVAC and water filtration systems to the sound damping walls, every feature has been selected to provide our members with an unsurpassed experience. The result is an aquatic center that many are calling one of the finest on the East coast.

## LAP POOL

Whether you are looking for some serious swimming or some serious fun, this eight-lane, 25-yard by 25-meter pool has enough room for everyone. Ranging in depth from seven-feet under the lanes and four feet in the recreational area, the pool has over 6,000 square feet of surface area. As with all our pools, the lap pool is handicap accessible and includes easy access for all.

## DIVING POOL

The diving well at the Beede Center is a true gem. At a depth of 13 feet, the pool features one three-meter springboard set between two one-meter boards. In addition

to being a venue for regional competitive events, the pool doubles as a site for water polo, kayak lessons, SCUBA classes and other specialized programs for all ages.

## THERAPY POOL

The warm-water therapy pool is one of the Center's most noteworthy features. For those rehabilitating from injuries, the soothing environment of the 90-degree water facilitates healing and speeds recovery time. But you don't have to be recovering from an injury to enjoy the pool's therapeutic power. Members are encouraged to use the pool to help loosen muscles and joints before or after a swim or workout.

## CHILDREN'S PLAY POOL

Ranging in depth from six inches to one foot, this 30-foot by 30-foot pool provides plenty of room for your kids to have fun with friends or just play on their own. The pool also features a play structure that includes a slide, water sprays, water buckets and more. The only tough part will be trying to get your kids to leave.





# A perfect fit.

Whether you're looking to get in shape or just stay in shape, the new fitness facility has everything you can imagine. From the brand new, state-of-the-art equipment to the TV monitors on every cardio machine, the fitness center provides everything you need to maximize your results and your enjoyment. Plus, our experienced, certified staff is always close by to offer advice, lend a hand or actively help you train. Whatever your goals, this is the place to make them happen.

## 3,200 SQUARE FEET OF FITNESS

Work out in the comfort of our two 1,600 square-foot fitness rooms. One for cardio and one for strength training, each room offers both the equipment and environment conducive to a great workout.

## STATE-OF-THE-ART STRENGTH AND CARDIOVASCULAR EQUIPMENT

Our fitness rooms are equipped with all new single-station strength machines, free weights, benches, Arc Trainers, treadmills, Concept2™ rowers, and recumbent and upright cycles. Each cardio fitness machine has its own 15-inch TV monitor.

## EQUIPMENT ORIENTATION

If you are new to exercise, or are simply unfamiliar with all of our fitness equipment options, we suggest a complimentary equipment orientation. In this one hour session, a member of our training staff will help you learn the proper form and technique for the equipment and provide you with a basic exercise program.

## PERSONAL TRAINING

Whatever your fitness goals may be, working one-on-one with one of our qualified fitness specialist will help make it easier to achieve them. You will receive a program that has been individually created to suit your wellness level and your fitness objectives.

## MEMBER BENEFITS

Members get reduced fees on Pilates, yoga, indoor cycle and group exercise classes offered by the Concord Recreation Department at our other locations.





# We've thought of everything. Especially you.

At the Beede Swim & Fitness Center we offer the amenities that make it easy to get in, get out and get on with your life. From the locker rooms to the parking lot, everything is designed to make your experience as convenient and efficient as possible.

## LOCKER ROOMS

Each locker room features separate areas for recreational and competitive users. In addition, we offer four private, handicapped-accessible family changing rooms.

## CHILD CARE

Do you have little ones at home? Don't sweat it. Please call 24 hours ahead for reservations and then while you work out, your kids can play and be cared for by our childcare professionals.

## SNACK BAR

Whether you're waiting to pick up the kids or winding down after a workout, the snack bar has a tempting menu of healthy lunches, snacks and beverages.

## PARKING

Parking is never a problem with the card-key-accessed lot that's separate from the High School. So there's always a space ready and waiting.

## SPECTATOR SEATING

Thanks to a state-of-the-art dehumidification system, people can watch, cheer or just catch up on their reading in remarkable comfort.

## INSTRUCTION

Whether you want to improve your strokes, your dives, or your workouts we have group and private lessons for every age and ability.





# Professional instruction at every level.

Whether you're looking for swimming and diving lessons for the kids, or fitness and exercise training for yourself, the Beede Swim & Fitness Center offers a variety of classes and personal instruction to help you achieve your goals.

## SWIMMING AND DIVING

From swim lessons for the kids to a water fitness class for yourself, the Beede Center has just what you're looking for. Swimming Members are also entitled to the discounted Member Rate and Priority Sign-up Status for all in-house swimming and diving lessons, water fitness programs and other programs. Here is a sampling of the programs available to you:

- American Red Cross Swim Lessons for all ages.
- Water Fitness classes.
- USA/AAU and recreational dive programs are offered for youths.
- Coached workouts for masters and triathletes.
- Recreational Swim is offered to those youths who are interested in a recreational swim team atmosphere.
- Aquatic Physical Therapy is available by a licensed physical therapist.

## PERSONAL TRAINING

Every member receives a free equipment orientation and workout plan from one of our fitness experts. However, we realize that many of you are also interested in a more serious training regime. For these individuals, we offer personalized training programs created and supervised by our certified personal trainers.

## FITNESS PROGRAMS

In addition to on-site personal training, Beede Center members can take advantage of over 30 group exercise classes every week at our other Concord Recreation locations. Just around the corner at 105 Everett Street, the Pilates and Yoga studios have a comfortable feel, conducive to mind-body exercise. At 90 Stow Street, the Hunt Gym offers a hardwood floor and state-of-the-art sound system. Classes include:

- |                  |                                |
|------------------|--------------------------------|
| • Pilates        | • Reformer Personal Training   |
| • Yoga           | • Stability Ball               |
| • Indoor Cycling | • Step and Low Impact Aerobics |
| • Boot Camp      | • Indoor Rowing                |





**Concord Recreation Department**  
498 Walden Street  
Concord, MA 01742

# It's all here. Shouldn't you be too?

**Don't miss out on the fun and fitness.**  
**Join now. Call 978.287.1000 or visit**  
**[www.concordma.gov/recreation](http://www.concordma.gov/recreation).**

## **The Beede Swim & Fitness Center Hours**

Monday through Friday 5:30AM – 9:00PM

Saturday and Sunday 7:00AM – 6:00PM

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